Sunday, January 31, 2021 4th Sunday in Ordinary Time/Catholic Schools Week



PRESENTATION OF THE LORD

1017 11th Street - Sacramento, CA 95814 | 916-444-3071

CATHEDRAL OF THE BLESSED SACRAMENT

MASS SCHEDULE All Masses LIVESTREAM only Holy Communion distributed on the Cathedral steps after Sunday Masses

Sunday | Domingo English 10:00 am Español 12:00 pm Chinese 2:00 pm

Monday - Friday Lunes - Viernes 7:30 am Saturday | Sábado NO VIGIL MASS

RECONCILIATION

Monday - Friday | Lunes - Viernes 11:30 am to 12:00 pm Saturday | Sábado 4:00 pm to 5:00 pm



READINGS/MASS INTENTIONS

Page 2|Sunday, January 31, 2021|4th Sunday in Ordinary Time/Catholic Schools Week



Catholic Schools Week—Jan 31—Feb 6, 2021 DISCOVERCATHOLIC.ORG

Let's Talk Parish! CATHEDRAL OF THE B L E S S E D S A C R A M E N T

https://is.gd/talkparish

Remember, O most pure spouse of the Blessed Virgin Mary, my great protector, Saint Joseph, that no one ever had recourse to your protection, or implored your aid without obtaining relief. Confiding therefore in your goodness, I come before you. Do not turn down my petitions, foster father of the Redeemer, but graciously receive them. Amen.

YEAR OF SAINT JOSEPH

READINGS AND OBSERVANCES

Sunday 1/31 4th Sunday in Ordinary Time/ Catholic Schools Week

Monday 2/1 Monday of week 4 in Ord. Time

Tuesday 2/2 The Presentation of the Lord/ World Day for Consecrated Life

Wednesday 2/3 St. Ansgar (Osgar), Bishop St. Blaise, Bishop, Martyr

Thursday 2/4 Thursday of week 4 in Ord. Time

Friday 2/5 St. Agatha, Virgin, Martyr

Saturday 2/6 Sts. Paul Miki and Companions, Martyrs

Sunday 2/7 5th Sunday in Ordinary Time

MASS INTENTIONS SUNDAY, 1/31

Caroline Brussat +; Familia Mariscal S.I. & Albertino Baltierra +; People of the Parish S.I.

MONDAY, 2/1

Rajdeep Ranade & Family S.I.

TUESDAY, 2/2

Romo Family S.I. & Amador Family S.I.

WEDNESDAY, 2/3 Monica Romo-Contreras S.I.

THURSDAY, 2/4

Stephen Kim S.I.

FRIDAY, 2/5 Ricardo Mabanta +



Dt 18:15-20/Ps 95:1-2, 6-7, 7-9 [8]/1 Cor 7:32-35/Mk 1:21-28

Heb 11:32-40/Ps 31:20, 21, 22, 23, 24 [25]/Mk 5:1-20

Mal 3:1-4/Ps 24:7, 8, 9, 10 [8]/Heb 2:14-18/Lk 2:22-40 or 2:22-32

Heb 12:4-7, 11-15/Ps 103:1-2, 13-14, 17-18a [cf. 17]/Mk 6:1-6

Heb 12:18-19, 21-24/Ps 48:2-3ab, 3cd-4, 9, 10-11 [cf. 10]/Mk 6:7-13

Heb 13:1-8/Ps 27:1, 3, 5, 8b-9abc [1a]/ Mk 6:14-29

Heb 13:15-17, 20-21/Ps 23:1-3a, 3b-4, 5, 6 [1]/Mk 6:30-34

Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6 [cf. 3a]/1 Cor 9:16-19, 22-23/Mk 1:29-39



Bible Podcast

Daily with Fr. Mike Schmitz text 'catholicbible' to 33777



CAPITOL PARK ROSARY PRAYER and FELLOWSHIP!

Please join your fellow Cathedral parishioners in praying the rosary, for Our Church and the State of California, every Friday morning, at 7:30 am. We meet in Capitol Park, at the former site of St. Junipero Serra's statue (off L St. between 12th and 13th streets). We sing and have great fellowship. We hope you join us.

THEOLOGY IN ART

Sunday, January 31, 2021 4th Sunday in Ordinary Time/Catholic Schools Week Page 3

In 1999, Pope John Paul II wrote Letter to Artists stating, "Humanity in every age, and even today, looks to works of art to shed light upon its path and its destiny." In appreciation for the value of art in telling our Christian story, each month we will feature a piece of art to help us deepen our study of God (theology). This month, we go to the Sistine Chapel in the Vatican, to study a work by Michaelangelo known as The Last Judgment.



This painting portrays the Last Judgment. In the center of the painting below Christ are trumpeting angels awaking the dead souls. On the right of Christ, the righteous souls are rising from their graves. You can spot some angels pulling up souls using a rosary, so that the souls are being raised by the strength of their prayers. The souls on Christ's left are being dragged down by demons into hell, and Charon, the ferryman of hell, is rounding up souls onto hell's fiery banks. During the Last Judgment, our bodies will be raised and reunited with our souls, and Christ will preside as judge over the souls of the righteous and the souls of the damned. There is, the Catechism of the Church tells us, another judgment—Particular Judgment—that occurs when we die: "...each will be rewarded immediately after death in accordance with his works and faith." (CCC#1021)

REFLECT:

- Read Matthew 25:31-46. We see that our works of charity reflect our faith. What work of charity listed do you find easiest? Which is hardest for you?
- Pray the Apostle's Creed. How do you see it included in the painting?
- Some figures in the painting are trying to help others by their prayers. Is there someone in spiritual trouble you can help today? Is there a Saint you can ask to help?

To study more, go to <u>www.is.gd/cappellasistina</u>

PASTOR'S CORNER

Page 4|Sunday, January 31, 2021|4th Sunday in Ordinary Time/Catholic Schools Week



Where the Wall Meets the Floor

Who knows the decay of cosmic molecules you embrace? Strands of asteroids and ash,

follicles and free radicles?

Unswept existence filled with reproductivity perfectly tumbled in the chaos of time and space.

Planets and particles intertwined in helix knots, whispering words of life,

love,

eternal,

complete.

Only the songs of infants can express your true nature, and their simple lyrics sing that all reality is contained in the Divine ordinariness of a dust bunny.

- Fr. Michael

ESQUINA DEL PASTOR

Sunday, January 31, 2021|4th Sunday in Ordinary Time/Catholic Schools Week|Page 5

Donde la pared se encuentra con el suelo

¿Quién conoce la descomposición de las moléculas cósmicas que abrazas?

> Hebras de asteroides y cenizas, folículos y radios libres?

Existencia sin sucesión llena de reproductividad perfectamente desplomado en el caos del tiempo y el espacio.

Planetas y partículas entrelazadas en nudos de hélice, palabras susurrantees de Vida Amor Eterno íntegro.

Sólo las canciones de los bebés pueden expresar tu verdadera naturaleza, y sus letras simples cantar que toda la realidad está contenida en la ordenación divina de un conejito de polvo.

FAITH FORMATION & EDUCATION

Page 6 | Sunday, January 31, 2021 | 4th Sunday in Ordinary Time/Catholic Schools Week

www.cathedralsacramento.org/faithformation

World Day for

Consecrated Life

What can we become? #GiveOursevesToGod #Vocation

World Day for Consecrated Life will be celebrated in the Church on Tuesday, February 2, 2021 and in parishes over the weekend of February 6-7, 2021. Please pray for all those who have made commitments in the consecrated life, and be sure to thank them on their special day. May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation.

You're invited! Talk to Sister Lisa Marie about how God is calling you.





Upcoming ...

Daily Whenever	Podcast with Fr. Mike Schmitz. Go to https:/ascensionpress.com/bibleinayear			
Weekly Friday	Prepare for Sunday Mass w/ Family Prayer Reflection. See Kids corner for info.			
SAT 01.30 10:00 am	Catechist Training Day—en espanol Contact Faith Formation Page for details.			
SUN 01.31 10:00 am	RCIA Rite of Welcome Candidates, please arrive at 9:40 am			
MON 02.01 07:00 pm	RCIA for Adults See website RCIA page for how to join us.			
TUE 02.02 7:00 pm	Youth Confirmation 1: Parent Orientation Youth Confirmation 2: Take Home Assign.			
THU 02.04 7:00 pm	Bible Study using Jeff Cavin's Great Adventure Bible Timeline To sign-up: <u>https://is.gd/bible2021</u>			
THU 02.04	Adult Confirmation Orientation Via Zoom. <u>www.is.gd/confirmation2021</u>			
SAT 02.06	Family Faith Formation—LIVE Session Go to Faith Formation Page for Details.			
SUN 02.14	NAVIGATE—Youth Night (6th—12th grade) www.scd.org/navigate			
MON 02.15	Parent Support www.scd.org/parentsupport			

WED 02.17 Camp Pendola Zoom Hangout (kids) www.pendola.org/virtual-camp



Opportunities to grow ...

A FAMILY OF FAITH

Sunday, January 31, 2021 4th Sunday in Ordinary Time/Catholic Schools Week Page 7

Sello de un discípulo

'Proclamen el Evangelio a todo el mundo".

En nuestro camino de fe, podríamos preguntarnos: "¿No es suficiente que aprendamos acerca de Dios y enseñemos a nuestros hijos?" En los Hechos de los Apóstoles; estamos llamados a ser discípulos, seguidores de Cristo que lo escuchan decir: "Id por todo el mundo y proclamad el evangelio a toda la creación". A veces es difícil ver la visión de su importancia. Imagínese, si quiere, que ha muerto y se está preguntando acerca del Cielo, y alquien de su vida se acercó y dijo lo siguiente:

"¿Supieras? ¿Supieras? ¿Sabías sobre el amor de Dios y el sacrificio de Cristo, y que yo pohaber estado con el Creador del Unidría verso a través del Bautismo v Él podría haber estado conmigo a través de la Eucaristía?

Sabías el significado de la existencia humana, lo que nos sucede después de la muerte y las instrucciones divinas para el amor y la felicidad. ¿Sabías todo eso y ni siquiera ofreciste compartirlo conmigo porque podría haber sido incómodo?

¿Tienes idea de lo que tuve que sufrir, tienes idea de lo que podría haberme ahorrado, el horror que podría haber sido evitado en mi vida, si hubieras tenido el valor de hablar conmigo?"

Sí, puede resultar incómodo hablar de nuestra fe con otros. Pero es el mandato de Cristo. Y si tenemos fe en Él y amamos a nuestro prójimo, nos comprometeremos, como lo hicieron los primeros cristianos, a proclamar el Evangelio, no www.is.gd/oracionfamiliar con repugnancia, sino con valentía.

Minuto rápido de la Biblia:

Leala segunda lectura de este domingo, la primera carta de San Pablo a los Corintios 1 Cor 7, 32-35. Después de la Conversión de San Pablo, eligió seguir a Jesús con todo su corazón, empleando todo su tiempo para dar a conocer el mensaje de Jesús sobre el amor de Dios. San Pablo nos anima a examinar nuestras prioridades. ¿Dónde ponemos nuestra energía y tiempo? ¿Ayudo a otros a conocer a Jesús? ¿Me acerco más a Jesús a través del estudio y la oración? ¿O me encuentro distraído y atrapado con cosas mundanas? Señor Jesús, ayúdame hoy a acercarme a ti, para que otros te conozcan a través de mí.



"He is not here. for He has been raised just as He said." Parent's Guide: Pg: 130, 133 **Activity Book:** Pages 228, 230, 232

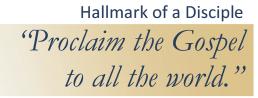
MEMORY VERSE Mateo / Matthew 28:6 **VERSO DEL MES**

'Él no está aquí, porque ha sido resucitado tal como lo dijo."

Guía para padres: páginas 143-146 Libro de actividades: páginas 228, 230, 232

Prepare for Sunday Mass with weekly family lessons www.is.gd/FamilyPrayer

Prepárate para la misa dominical con lecciones familiares semanales



In our journey of faith we might ask, 'Isn't it enough for us to learn about God and teach our children?' In the Acts of the Apostles, ; we are called to be disciples, followers of Christ who hear Him saying, "Go into all the world and proclaim the gospel to the whole creation." Sometimes it is difficult to see the vision of its importance. Imagine, if you will, that you have died, and you are wondering about Heaven, and someone from your life came up to and said the following:

"You knew? You knew? You knew about God's love, and Christ's sacrifice, and that I could have been with the Creator of the Universe through Baptism and He could have been with me through the Eucharist?

You knew the meaning of human existence, what happens to us after we die, and the divine instructions for love and happiness – you knew all that and didn't even offer to share it with me because it might have been awkward?

Do you have any idea what I had to suffer, do you have any idea what I might have been spared, the horror that might have been averted in my life, if you had just had the courage to talk to me?"

Yes it can be awkward to talk about our faith with others. But it's Christ's command. And if we have faith in Him, and love for our neighbor, we will commit ourselves - as the first Christians did - to proclaiming the Gospel, not obnoxiously, but with courage.

Quick Bible Minute:

Read this Sunday's 2nd reading, St. Paul's first letter to the Corinthians <u>1 Cor 7:32-35</u>.

After Saint Paul's Conversion, he chose to follow Jesus with all of his heart, using all his time to make Jesus' message of God's love known. St. Paul encourages us to examine our priorities. Where do we put our energy and time? Do I help others to know Jesus? Do I grow closer to Jesus through my study and prayer? Or, do I find myself distracted and caught up with worldly things? Lord Jesus, help me today to draw close to you, so that others will know you through me. Amen.



SACRAMENTO CHINESE CATHOLIC COMMUNITY

Page 8 | Sunday, January 31, 2021 | 4th Sunday in Ordinary Time/Catholic Schools Week

Tel: 916-583-8306

Email: sccc.contact@gmail.com Website: www.sacchinesecatholic.org/ @sacchinesecatholic

EVERYDAY STEWARDSHIP - RECOGNIZE GOD IN YOUR ORDINARY MOMENTS -

Embracing Change in Christ

It's officially one month since we popped the champagne, toasted 2021, and wrote down a list of resolutions. This is usually the time when we start to take a good, hard look in the mirror to assess what we have done — or have not done with the first month of this brandnew year.

New years can be scary, can't they? Full of promise, sure, but also full of room for failure. Full of space for our old baggage, old fears and the continuation of old mistakes. The same can be said of Christ, and the new life he offers us if we are brave enough to accept it. Opportunities like that can be intimidating. At that moment, we might find ourselves like the man with the unclean spirit crying out: "What have you to do with me, Jesus of Nazareth? Have you come to destroy us?"

Jesus is a comforter of the afflicted; he is a consoling figure, but he is also a challenging one. Sometimes we have grown attached to our afflictions. The idea of correcting bad habits or forming new ones is frankly terrifying to us. We have a voice deep inside who sees Christ and his invitation to repentance,

and it cries out in fear: "I know who you are!"

When we live in the present, disavowing the baggage of the past or fear of the future, we submit ourselves to the promise of redemption. Let us be brave everyday stewards and invite Christ's healing power into our lives. We won't regret it — I'm sure the demoniac never did.

- Tracy Earl Welliver, MTS



擁抱在基督內的改變

4TH SUNDAY IN ORDINARY TIME

What have you to do with us, Jesus of Nazareth? Have you come to

常年期第四主日

當時,在他們會堂裡,正有一個附邪魔的人,他喊叫, 說: "納匝肋人耶穌,我們與你有何甚麼相干? 你竟來毀滅 我們!我知道你是誰,你是天主的聖者。"耶穌叱責他說: "不要作聲! 從他身上出去!" 谷:1:23-25

自從這個月正式開香檳慶 祝2021年起,我們訂下新 的一年計劃,這一般來說 是個好的開始, 在嶄新一 年的第一個月,我們努力 面對並評估,我們到底做 到了其麽或還有其麽沒做 到。

新的一年可能令人恐懼, 是嗎? 充滿了希望,的 確,但也充滿了失敗的空 間。我們內心充滿了舊的 包袱,舊的恐懼,並且也 延續了舊的錯誤。基督亦 可以這樣的說,如果我們 有足夠的勇氣去接受祂, 接受祂為我們提供的新生 命。這種機會也會令人生 畏,在這一刻,我們可能 會發現自己就像一個神志 不清的人,大聲的喊出: 納匝肋人耶穌,我們與你 有甚麼相干? 你竟來毀滅 我們嗎?

耶穌是受苦的安慰者, 祂 既是安慰者也是個挑戰 者。有時候我們會對痛苦 越來越執著,坦白說,矯 正不良習慣,或養成新的 不良習慣,都讓人感到恐 懼。就在我們內心深處有

個聲音,一個想要尋找基督的聲音,尋找祂所發出悔 改的邀請,而且內心會害怕地喊出:"我知道祢是誰!"

活在現今的我們,在否認過去的包袱或對於未來的懼 怕時,讓我們交托於天主救贖的承諾,讓我們勇於過 聖善生活的每一天, 並邀請主耶穌治癒的能力進入我 們的生活,我們一定不會後悔,因為我確定這是魔鬼 所不及之處。 -Tracy Earl Welliver, MTS



SACRAMENTS AND PREPARATION

Sunday, January 31, 2021|4th Sunday in Ordinary Time/Catholic Schools Week|Page 9

MASSES

Until COVID-19 restrictions are lifted, Masses are broadcast daily via livestream on our Facebook and YouTube channels. See bulletin cover for details.

RECONCILIATION/CONFESSION

Mon—Friday: 11:30 am to 12:00 pm Saturday: 4:00 to 5:00 pm

ANOINTING OF THE SICK

Make an appointment by calling the parish office.

MATRIMONY

No new bookings for 2021. Contact Titi Kila at <u>tkila@cathedralsacramento.org.</u>

CONVALIDATION of MARRIAGE

If you would like your civil marriage blessed in the Catholic Church, or if you have been together for a number of years and would like to be married in the Church, contact Deacon John at extension 11, or jgisla@cathedralsacramento.org. No formal weddings until COVID-19 restrictions are lifted.

BAPTISM

Contact Deacon John at the Parish Office (jgisla@cathedralsacramento.org; 916-444-3071 Ext. 11). Baptisms are scheduled in English at 9 AM and 11 AM on the first and third Saturday of each month; and in Spanish at 9 AM and 11 AM on the second and fourth Saturday of each month.

HOLY EUCHARIST

Following at least two years of faith formation, and signs of readiness, Children and Teens prepare for the Sacrament of the Holy Eucharist through a series of workshops for immediate preparation for the Sacrament. Adults prepare for the Sacrament through the RCIA. Contact Sister Lisa Marie for details.

CONFIRMATION

The Cathedral offers programs of formation for the Sacrament of Confirmation to youth 7th grade and older and Adults. Please see the faith formation page of the website for information and/or to register.

HOLY ORDERS

Priests and deacons are ordained to perform ministerial roles in the community. To know more about the priesthood and /or deaconate, contact Fr. Mémo Hernandez at 916-733-0258.



MARRIAGE PREPARATION

The Diocese requires all engaged couples to prepare for their union with a marriage preparation program no less than two months before the date of their wedding. Contact Deacon Omar & Janet Bardales at <u>matrimonyprep@att.net</u> or 916-427-9160.

INFANT BAPTISM PREPARATION

A baptism class is not required during the pandemic.

CATECHIST PREPARATION

Desire to help us pass on the faith to adults and children? Complete your application today at: https://is.gd/cathedralvolunteer

Journey of faith ... sacraments

FAMILY FAITH FORMATION AND EDUCATION English and Spanish Online

The Cathedral offers weekly encounters for families to grow in faith together. This year we will study the Creed, taking a tenant each month and learn how to live it through weekly activities. Go to:

www.cathedralsacramento.org/faithformation

Rite of Christian Initiation for Adults/Children (RCIA) Adults: Mondays, 7 pm

Children and Teens: Follow Family Program Online

RCIA is for those wanting to explore the Catholic faith in a community of prayer, scripture and weekly lessons. We also help prepare for their full initiation into the life of the Church through the Sacraments. For more information, Sister Lisa Marie Doty, FDCC at 916-444-5364, or Imdoty@cathedralsacramento.org.

PARISH INFORMATION

Page 10|Sunday, January 31, 2021|4th Sunday in Ordinary Time/Catholic Schools Week 1017 11th Street - Sacramento, CA 95814

916-444-3071

MINISTRIES AND CONTACTS

Fr. Michael O'Reilly, Pastor / Rector

SACRED LITURGY

Altar Servers Michael Ognisty, mfognisty@msn.com Choir (English) Rex Rallanka, Director of Music, rrallanka@cathedralsacamento.org Choir (Spanish/Español) Jerry Vanoye in the choir annex after the 1pm Mass, or Ricardo Savala in the choir annex after 7pm Mass **Extraordinary Ministers of Holy Communion** Amy McCormick, ammccormick@att.net **Greeters and Ushers** Tom Waddock, 916-444-3071, x 36 Lectors

Fred Heacock, fheacock72@hotmail.com

SOCIAL and COMMUNITY SERVICE **Brown Bag Lunch Ministry**

Marilynn Fairgood, Marilynn Fairgood@att.net Docents Jill Pease, peasejill@gmail.com **Festival of Trees** Paula Trujillo, trupaula@gmail.com Front Door Ministry ministries@cathedralsacramento.org Hospitality Celeste Gisla, jfgisla@surewest.net **Respect Life Ministry** Liliana Balderrama, michoacan8888@gmail.com Saint Vincent de Paul contact the rectory office

FORMATION AND CATECHESIS

Catechesis of the Good Shepherd for ages 3+, visit youngsheep.org, or call 916-910-3435 Faith Formation and Education / Catechists Sr. Lisa Marie Doty, FDCC, Imdoty@cathedralsacramento.org Formacion y Educacion de Fe Categuistas/Spanish Sr. Lisa Marie Doty, FDCC, cathedralfaithfomationsac@gmail.com **Rite of Christian Initiation for Adults and Children** Sr. Lisa Marie Doty, FDCC, RCIA@cathedralsacramento.org

PRAYER AND COMMUNITY GROUPS

Benedictus Youth Group

Titi Kila, benedictusyg@gmail.com Cathedral A.C.T.S. ActsCathedralSacto@gmail.com, saccathedralacts.org **Cathedral Young Adults** Victor Amador, cathedralya@gmail.com **Chinese Community** Oliver Wan sccc.contact@gmail.com **Cinema Divina Movies** Reggie King, thecatholicstore@gmail.com **Knights of Columbus** Jaime Elizaldi, jaime.elizaldi@gmail.com Rosary Group Jerri Rush, jerrirush@comcast.net **Spanish Parents Group Leaders** Leticia Hilbert, leticia_hilbert@hotmail.com

PASTORAL AND ADMINISTRATIVE STAFF

Fr. Michael O'Reilly, Pastor Fr. Nicholas Ho, Chinese Mass Fr. Mémo Hernandez, In Residence Fr. Michael Kiernan, In Residence Deacon John Gisla, Office Manager Deacon Edgar Hilbert **Deacon Omar Bardales** Sr. Lisa Marie Doty, FDCC Director of Faith Formation and Education

Por favor envie Sobres de Ofertorio

Tom Waddock, Cathedral Manager Rex Rallanka, Director of Music Michael Ognisty, Sacristan Victoria Ramos, Secretary Katie McAllister, *Bookkeeper* Titi Kila, Wedding Coordinator **Chris Houlemard** Bulletin Editor/Webmaster

PARISH PASTORAL COUNCIL

Peggy Oakden, Chairperson Russel Almaraz Esteban Arellano Eileen Dunn Andrea Martin-Borges

Joey Martinez Aileen Rasmussen Jose Solis Jeff Weiss **Richard Zacaroli**

Michael Pease

FINANCE COUNCIL

Robert Ingenito, Chairperson

Janet Bardales Steve Harrold

CATHEDRAL PARISH REGISTRATION & UPDATE / Actualización y registro de la parroquia de la Catedral Become a member of our dynamic Cathedral family! Register online at : https://is.gd/cathedralnew or fill out the form below and put in the offertory basket or mail to the rectory office at: 1017 11th Street. Sacramento. CA 95814

Please indicate/Por favor indique: Please send Offertory Envelopes		New Parishioner/Individual Nuevo Parroquiano/Individuao		New Parishioner/Family Nuevo Parroquiano/Familia
	Street		City	Zip
ADDRESS/DOMICILIO				
NAME/NOMBRE			CELL PHONE	

□ Change of Address/Cambio de Direccion



Ei

Cathedral of Blessed Sacrament, Sacramento, CA B 4C 05-1145



For ad info. call 1-800-950-9952 • www.4lpi.com

Œ

Cathedral of Blessed Sacrament, Sacramento, CA

A 4C 05-1145